

DIET DIARY

	Monday (1051kcal)	Tuesday (1161kcal)	Wednesday (1124kcal)	Thursday (1089kcal)	Friday (1074kcal)	Saturday (1174kcal)	Sunday (1280kcal)
Breakfast	Slice of rye bread (Biona 157kcal), 2 slices deli ham (50kcal), 30g light soft cheese (50kcal), 1/2 red pepper (35kcal) = 292kcal	2 Oatbix (190kcal), 200ml milk (93kcal) = 283kcal	Finnish whipped porridge = 147kcal	2 grilled bacon medallions (64kcal), slice of wholemeal bread (89kcal), triangle of low fat cheese (25kcal) = 178kcal	Ultimate health loaf (60kcal) , 10g butter (74kcal), sliced cucumber (7kcal) = 141kcal	Barley porridge = 315kcal	Courgette and bacon pancake = 152kcal
Mid-Morning	sachet of miso soup = 29kcal				small apple = 50kcal		2 jaffa cakes (94kcal), coffee with 100ml low fat milk (47kcal) = 141kcal
Lunch	Celeriac & mushroom soup (81kcal) , 2 rye crackers (70kcal), small tin of tuna in brine (79kcal) = 230kcal	Russian soup = 319kcal	Mini mozzarella pearls (80g 182kcal), 130g bag bistro salad (45kcal), 2 tbsp balsamic vinegar (30kcal), 80g roasted pepper antipasti (79kcal) = 336kcal	Large green salad (400g vegetables 140kcal), Ultimate health loaf (60kcal) , 50g smoked salmon (93kcal) = 293kcal	Celery & Roquefort soup (101kcal) , wholemeal slim bagel (120kcal), slice of emmenthal cheese (85kcal), 1/2 tomato (9kcal) = 315kcal	2 egg omelette (140kcal) with vegetables (400g 140kcal) = 280kcal	Sushi salad = 255kcal
Mid-afternoon		medium satsuma = 45kcal	Coconut biscuits = 126kcal	2 ginger oat biscuits = 86kcal	2 scoops (86g) vanilla ice cream = 216kcal		
Dinner	Creamy ham & garlic pasta (365kcal)	Brown rice (50g uncooked weight 175kcal), fillet of breaded whiting (109kcal 249kcal), 300g steamed baby carrots (90kcal) = 514kcal	Farmer's Pie = 515kcal	Yellow Dal = 532kcal	Fish rolls (178kcal) , baked potato (200g 164kcal), 400g green beans (140kcal) = 352kcal	Stuffed onions = 419kcal	120g salmon (312kcal), 110g spicy potato wedges (153kcal), steamed peas (300g 267kcal) = 732kcal
Evening	cheese & onion crisps (25g) = 135kcal					2 measures of vodka with diet coke (160kcal)	

Start Date: _____

Name : _____